Prayer to our Lord Jesus Christ Crucified

Behold, O good and loving Jesus,
that I cast myself on my knees before you
and, with the greatest fervor of spirit,
I pray and beseech you to instill into my heart
ardent sentiments of faith, hope and charity,
with true repentance for my sins
and a most firm purpose of amendment.
With deep affection and sorrow
I ponder intimately
and contemplate in my mind your five wounds,
having before my eyes what the prophet David
had already put in your mouth about yourself, O good Jesus:
They have pierced my hands and my feet;
they have numbered all my bones (Ps 22:17-18).